






Easy Ways to Eat More Fruits and Vegetables.

Eating your fruits and vegetables is a lot easier than you might think. One cup-equivalent of most fruits and vegetables is the amount that would fit in a measuring cup if chopped, or about 2 handfuls. The exceptions are raw leafy greens (2 cups count as 1 cup) or dried fruit (½ cup counts as 1 cup).

The following examples count as 1 cup:

- | | |
|---|--|
| 1 small apple | 3 spears of broccoli |
| 1 large banana | 1 cup of cooked greens or 2 cups raw
(spinach, collards, mustard greens, turnip greens) |
| 2 medium cantaloupe wedges | 2 medium carrots or 12 baby carrots |
| 1 medium grapefruit | 1 large sweet potato |
| 1 large orange | 1 large ear of corn |
| 1 large peach | 1 medium potato |
| 1 medium pear | 2 large stalks of celery |
| 2 large or 3 small plums | 1 large bell pepper |
| 8 large strawberries | 1 large tomato |
| 1 small watermelon wedge | ½ can of beans |
| 2 small boxes of raisins or other dried fruit | |

For example, a 35 year-old fairly active woman would need 4½ cups per day. The chart below shows what 4½ cups might look like.

MORNING	1 large banana  1 cup	
MID-DAY	 1 cup 2 cups of lettuce count as 1 cup of vegetables	 1 cup 1 small apple
	1½ cups	
EVENING	 ½ cup broccoli	 1 cup sweet potato

Fruits and vegetables are only one component of a healthy diet. In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs, and nuts. It is also low in saturated fats, trans fats, cholesterol, salt, and added sugars.



